

HAWAII COALITION FOR DADS

Hawai`i Dads (Makua kâne)

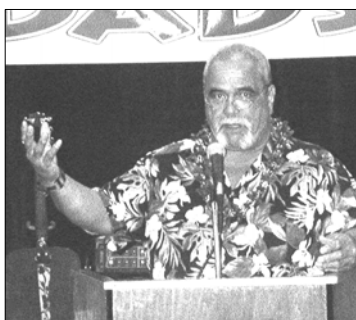
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September 4, 2004 – Nā Po`okela No Nā Keiki – UH Stan Sheriff Center

Champions for Children and Youth

Fathers, sons, uncles, mothers, and daughters came together on Saturday morning, September 4, 2004, for the Hawai`i Coalition For Dads *Nā Po'okela No Nā Keiki - Champions for Children and Youth: Where Winning Counts The Most!* to be inspired in their efforts to raise healthy children and youth.

The clinic featured motivating speakers **Skipa Diaz**—



legendary former football coach at Farrington High School (above, left), **Bernard Carvalho**—community coach and Director of the Office of Community Assistance for Kaua`i County (above, right), and **D.J. Vanas**—an acclaimed Native American motivational storyteller and success coach who used traditional warrior concepts and wisdom to move us to achieve their best in our lives and careers (right, top).

Kimo Kahoano—Hawai`i radio and television celebrity (right, bottom), MCed the breakfast clinic, which ran from 7:30 – 11:15 a.m. in the Stan Sheriff Center's Ed Wong Hospitality Suite at the University of Hawai`i at Mānoa Athletic Complex.

Skipa emphasized that fathers need to focus on H.E.A.R.T. (Humility, Education, Attitude, Respect, and Teamwork. **Bernard** discussed how he was raised by his Hawaiian Tutu ("soft love"), Portuguese Tutu ("hard love"), and Portuguese dad ("discipline, provider, hard work, and sports"). **D.J.** explained that although his young parents had limited resources (he slept in a dresser drawer as an infant), they surrounded him with love and taught him the importance of his Native American heritage. **Kimo** related how not having his father in *his* life as he was growing up made him determined to be an involved father for his three sons.

For just \$10 per person, the event included: breakfast; inspirational speakers; entertainment by Easy Kine `Ohana and the



New Hope Kapolei Halau; and 2 UH Football tickets for the UH-Florida Atlantic season opener that evening.

Mahalo to the Champions for Children and Youth co-sponsors: Kamehameha Schools' Extension Education Division, Health, Wellness and Family Education Department; Boys and Girls Club of Hawai`i; Family Planning Program of the Maternal and Child Health Branch, and the Healthy Hawai`i Initiative, Hawai`i State Department of Health; Parents And Children Together (PACT) and their Hana Like Home Visitor Program; and ALU LIKE's Ho`okahua Department.

-HI Dads-



Go Ask Your Father!

Are you looking for fun ways to spark gratifying conversations with your children, or *your* dad?

Go Ask Your Father! cards help spark conversations between fathers and kids. Questions cover everything from silly facts to more important topics to get the dad-chatter started.

Pick one night a week for a Dad's night and choose a card, 52 cards & 52 weeks a year! Keep the cards in the car for use during a nice drive!

Questions include: "If you could go backward/forward in time, what time would that be to?" "What mistake that you made taught you the most?" The box includes 52 conversation cards with fun, interesting, and intriguing questions, and 2 Wild Cards—to ask ANY question you want!

One family "used this at a recent family get together. It was a great way for us (four siblings) to connect with our dad. We only needed a couple of questions - because each one would spawn further discussion. It got us off the typical 'How's it going Dad?' routine."

Ask mother, teenager, grandparent, and other cards are available, too...all for **\$8 each** from **Go Ask Anyone! @ www.askanyone.com**.

~HI Dads~

For more of that valuable new-dad "quiet time"

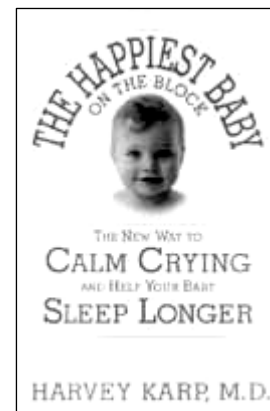
"Shushing" crying babies

How many times has a parent, grandparent or babysitter wished that crying, colicky babies came with an off switch? Well it turns out they do. It is called the Calming Reflex and it works like magic!

Eminent pediatrician and child development specialist, Dr. Harvey Karp, discovered how it works and describes the techniques in "The Happiest Baby on the Block" (see: www.thehappiestbaby.com).

So what is this magic switch all about? Dr. Karp sums it up as the Five "S"s - swaddling, side/stomach position, shushing, swinging, and sucking. Babies are used to the loud sounds, tight quarters and rhythmic movement of the uterus, and lying on their back, alone in a quiet room is frightening. Swaddling is an ancient technique that fell out of use, and Dr. Karp demonstrates how to do it right in his video. Placing the swaddled infant on the side or stomach is immensely comforting and avoids triggering the startle reflex. In many cases, that is enough to quiet the baby. Once the baby has calmed down she can be turned on her back for sleeping—the position recommended by doctors to avoid SIDS.

If not, proceed to shushing in the baby's ear (using a vacuum cleaner, radio on static or other source of white noise works, too). Your volume should match the baby's crying, getting softer as she relaxes. The shushing is combined with a side to side jiggling motion that babies find irresistible. This swinging can be taxing to the exhausted new parent, and in the absence of an extended family and many willing arms, Dr. Karp warmly recommends mechanical swings and pacifiers. "I'm not anti-technology!" he says, as long as it doesn't replace ancient wisdom (*review excerpted from "Thank You Dr. Karp" by Miriam Knight @ www.newconnections.net*).



"There is nothing quite like watching Dr. Harvey work wonders on a screaming baby. He's not a pediatrician...he's a magician. Every time I bring my kids in to see him, I walk out wishing *he* was their father." - Larry David, co-creator of *Seinfeld*.

~HI Dads~

*Joint Custody & Shared Parenting***"The Best Parent Is Both Parents"**

The following information is assembled from the Children's Rights Council of Hawai'i's testimony at the Sept. 23, 2004 Hearing on Hawai'i Senate Resolution 40-2004, which discussed ways to improve the family-friendliness of Hawai'i's Family Courts.
(See also the CRC website: www.gocrc.com)

To see the importance of shared parenting, consider how you, as an adult, would feel if you could see your children only four days a month. Like most parents, you would miss them terribly, even with your adult level of emotional maturity.

Children, with their fragile, still-developing emotions, often suffer much more. Children naturally love and need both parents. Sadly, most children of divorce see their non-custodial parent only four days a month.

Not surprisingly, sole custody can result in serious problems for children. Children raised in single parent families are at greater risk for juvenile delinquency, teen pregnancy, poor grades, drugs, dropping out of school, and other trouble.

These risks occur even after factoring in differences in income. In fact, risks are even higher in step families, despite their significantly higher income. Research shows that the lack of involvement by both natural parents is a primary cause of these risks. Here's what the U.S. Dept. of Health and Human Services has to say:

"More than a quarter of American children—nearly 17 million—do not live with their father.

"Girls without a father in their life are two and a half times as likely to get pregnant and 53 percent more likely to commit suicide. **Boys without a father** in their life are 63 percent more likely to run away and 37 percent more likely to abuse drugs.

"Both girls and boys are twice as likely to drop out of high school, twice as likely to end up in jail and nearly four times as likely to need help for emotional or behavioral problems" (*HHS Press Release, 3/26/99*).

The phrase "two heads are better than one" is old fashioned wisdom, but it reflects the thought behind Children's Rights Council's slogan that "the best parent is both parents."

The U.S. is moving quickly in the direction of shared parenting...because the age-old truth that children are born with, need, and love both parents is being rediscovered.

The concept of shared parenting, or joint custody, was developed about 1970 to help provide for the active participation of both parents in raising their children. The first joint custody statute was passed in Indiana in 1973, and since then shared parenting has become legal all 50 states. Today, a presumption or preference for

joint custody exists in at least 30 states plus the District of Columbia.

Federal data shows that the states with the **most shared parenting**, such as Connecticut, Kansas, and Montana, subsequently had the **lowest divorce rates**.

...when parents realize that they will have to interact with each other for 18 years over raising their child, it is a disincentive to divorce.

Shared parenting helps provide emotional stability for children by promoting the involvement of both parents.

There are two aspects to shared parenting in divorce: **joint legal custody**, which refers to shared decision-making responsibility between divorced parents, and **joint physical custody**, which provides children with a more balanced residential arrangement than was allowed under sole custody.

Shared parenting has become popular because it works so well for children. A quarter-century of research has shown that kids do best with both parents involved in raising them, even if the parents are divorced.

~HI Dads~

HAWAII COALITION FOR DADS

Promoting involved, nurturing, responsible fatherhood.

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GOALS:

1. To increase community awareness about fatherhood.
2. To promote the availability and accessibility of quality, father-centered community resources.
3. To advocate for informed public policy regarding fatherhood.
4. To strengthen community collaboration in support of fatherhood.
5. To respect and honor everyone's unique role in children's lives.

The Hawai'i Coalition for Dads, with funding from the Hawai'i Children's Trust Fund under the umbrella of Parents And Children Together (PACT), is a group of individuals and organizations (including *Alu Like*, *Family Support Services of West Hawai'i*, *Good Beginnings Alliance*, *Hana Like Home Visitor Program*, *Head Start agencies*, *Healthy Mothers/Healthy Babies*, *Kamehameha Schools' Extension Education Division*, *PARENTS*, and *Pearl Harbor Fleet and Family Support Center*) that shares information about services to fathers and promotes involved, nurturing, responsible fatherhood.

Fatherhood & Family Resources (O`ahu)

Fathering & Parenting Education & Support:

1. **TIFFE** (Nurturing Fathers; Playgroups) (596-8433; tiffe.org)
2. **The Baby Hui** (groups for Dads, and Moms) (735-2484; thebabyhui.org)
3. **Navy Fleet & Family Support Center** (Boot Camp For New Dads) (473-4222; greatlifehawaii.com)
4. **PARENTS** (Confident Parenting Classes) (235-0488)
5. **The Parent Line** (Info & Referral) (526-1222; theparentline.org)
6. **AUW** – 211; auw.org/211
7. **HPIRG** (HI Parental Information & Resource Centers) (841-6177; hawaiiipirc.org)
8. **SPIN** (Special Parent Information Network) (586-8126; spinhawaii.org)
9. **Big Brothers Big Sisters** (support for single dads and moms) (521-3811; bigshonolulu.org)
10. **Families For R.E.A.L.** (Leeward: 453-6478; Windward: 233-5656)
11. **Good Beginnings Alliance** (Playgroups) (531-5502; goodbeginnings.org)
12. **ALU LIKE** (Hawaiian families) (535-6700; alulike.org)
13. **Queen Lili'uokalani Children's Center** (Hawaiian families) (847-1302; qlcc.org)
14. **PACT** (Hana Like; Head Start) (847-3285; pacthawaii.org)

Family Counseling:

1. **Child & Family Service** (681-3500; cfs-hawaii.org)
2. **Catholic Charities Family Services** (536-1794; catholiccharitieshawaii.org)
3. **Hawaii Psychological Assn.** (521-8995; hawaiipsych.org)
4. **Kaiser Medical Center** (432-0000; kaiserpermanente.org):
5. **HMSA** (948-6111; hmsa.com)
6. **Med-QUEST** (587-3521; med-quest.us)
7. Suicide prevention help (DOH - **ACCESS Line: 832-3100**)

Religious resources: Contact your place of worship...church, temple, synagogue

Internet Resources (check on their "Links", too):

1. **mr.dad** (mrdad.com)
2. **fathers.com** (fathers.com)
3. **Boot Camp For New Dads** (newdads.com)
4. **National Fatherhood Initiative** (fatherhood.org)
5. **Dad at a Distance** (daads.com)